

Is fat good or bad for you?

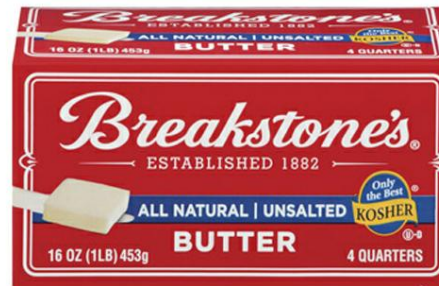




Unsaturated Fat



Saturated Fat



Trans Fat



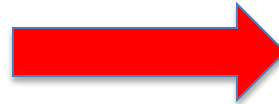
Images courtesy of: <http://breakstones.com>, <http://villabertoli.com>, <http://landolakes.com>

Compare the two steaks



Is this a Go or Slow food?

Read the Nutrient Label



Nutrition Facts

Serving Size	1 Tbsp	
Servings Per Container	about 34	
Amount Per Serving		
Calories	120	
Calories From Fat	120	
		% Daily Value*
Total Fat	14g	21%
Saturated Fat	2g	9%
Trans Fat	0g	
Polyunsaturated Fat	2g	
Monounsaturated Fat	10g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	0g	0%

Image courtesy of: <http://www.villabertoli.com>

Is this a Go or Slow food?



Read the Ingredient List



INGREDIENTS:

MILK CHOCOLATE (SUGAR, COCOA BUTTER, CHOCOLATE, LACTOSE, SKIM MILK, MILKFAT, SOY LECITHIN, ARTIFICIAL FLAVOR), PEANUTS, CORN SYRUP, SUGAR, SKIM MILK, BUTTER, MILKFAT, PARTIALLY HYDROGENATED SOYBEAN OIL, LACTOSE, SALT, EGG WHITES, ARTIFICIAL FLAVOR.

Image courtesy of: <http://www.snickers.com>

Is this a Go or Slow food?

Look for “Hydrogenated”

Ingredients: Liquid Soybean Oil, Partially Hydrogenated Soybean Oil, Water, Buttermilk, Contains Less Than 2% Of Salt, Soy Lecithin, Sodium Benzoate (Preservative), Vegetable Mono And Diglycerides, Artificial Flavor, Vitamin A Palmitate, Colored with Beta Carotene (Provitamin A).
CONTAINS: MILK AND SOY

Serving Size: 1 tbsp (14g)
Servings Per Container: About 32

Amount Per Serving	
Calories 100	
Calories from Fat 100	
% Daily Value*	
Total Fat 11 g	17%
Saturated Fat 2 g	11%
Trans Fat 2.5 g	
Cholesterol 0 mg	0%
Sodium 105 mg	4%
Total Carbohydrate 0 g	0%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 0 g	

Cookies



Ingredients: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE, COCOA BUTTER, DEXTROSE, SOY LECITHIN), SUGAR, SOYBEAN OIL AND/OR PARTIALLY HYDROGENATED COTTONSEED OIL, HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR AMMONIUM PHOSPHATE), SALT, WHEY (FROM MILK), NATURAL AND ARTIFICIAL FLAVOR, CARAMEL COLOR. CONTAINS: WHEAT, SOY, MILK.

Nutrition Facts

Serving Size 33g

Servings per Container about 13

Amount Per Serving

Calories 160	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12 %
Saturated Fat 2.5g	13 %
Trans Fat 0g	0 %
Monounsaturated Fat 2g	0 %
Cholesterol 0mg	0 %
Sodium 110mg	5 %
Potassium 45mg	1 %
Total Carbohydrate 22g	7 %
Dietary Fiber 1g	3 %
Sugars 11g	
Protein 2g	

Image courtesy of: <http://www.nabisco.com>

Granola Bar



Ingredients: Whole Grain Oats, Sugar, Canola Oil, Peanut Butter (peanuts, salt), Yellow Corn Flour, Brown Sugar Syrup, Soy Flour, Salt, Soy Lecithin, Baking Soda.
CONTAINS PEANUT, SOY; MAY CONTAIN ALMOND AND PECAN INGREDIENTS.

Nutrition Facts

Serving Size 2 bars (42.0 g)

Amount Per Serving

Calories 190	Calories from Fat 63
% Daily Value*	
Total Fat 7.0g	11%
Saturated Fat 1.0g	5%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrates 28.0g	9%
Dietary Fiber 2.0g	8%
Sugars 11.0g	
Protein 5.0g	

Information courtesy of <http://www.naturevalley.com>

Ice Cream



Information courtesy of <http://www.breyers.com>

Nutrition Facts

Serving Size 1/2 Cup (65g)

Servings Per Container 12

Amount Per Serving

Calories 110

Calories From Fat 45

		% Daily Value*
Total Fat	5g	8%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	35mg	1%
Total Carbohydrate	14g	5%
Dietary Fiber	0g	0%
Sugars	13g	
Protein	2g	

Nutbutter

Ingredients: Almonds, Evaporated Cane Juice, Palm Fruit Oil, Sea Salt.



Barney Butter - Smooth

Nutrition Facts

Serv. Size: 2 Tbsp. (32g)

Servings: About 14

Calories 180

Fat Cal. 140

Vitamin A 0%

Vitamin C 0%

Calcium 8%

Iron 8%

Vitamin E 25%

Magnesium 20%

Amount Per Serving % DV*

Total Fat 15g **24%**

Sat. Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carb. 8g **3%**

Fiber 3g **14%**

Sugars 3g

Protein 6g

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Information courtesy of
<http://www.barneybutter.com>

Canned Tuna



Nutrition Facts

Serving Size 2 oz. drained (56g/ about ¼ cup)

Servings Per Container about 5

Amount Per Serving

Calories 50

Calories from Fat 5

		DV%
Total Fat	0.5 g	1 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Polyunsaturated Fat	0 g	0 %
Monounsaturated Fat	0 g	0 %
Cholesterol	25 mg	8 %
Sodium	170 mg	7 %
Potassium	120 mg	3 %
Total Carbohydrate	0 g	0 %
Dietary Fiber	0 g	0 %
Sugars	0 g	
Protein	11 g	20 %

Image and information courtesy of
<http://www.starkist.com>

Hummus

Cooked Chickpeas [Chickpeas (Garbanzos), Water], Tahini (Ground Sesame), Soybean And/Or Canola Oil, Garlic, Salt, Citric Acid, Seasoning And Spices, Natural Flavors, Potassium Sorbate Added To Maintain Freshness. Classic Hummus

AMOUNT PER SERVING	
Calories	70
Calories From Fat	55
	% Daily Value
Total Fat	6 g (9% DV)
Saturated Fat	1 g (5% DV)
Trans Fat	0 g
Cholesterol	0 mg (0% DV)
Sodium	120 mg (5% DV)
Total Carbohydrate	4 g (1% DV)
Dietary Fiber	1 g (4% DV)
Sugars	0 g
Protein	2 g



Information courtesy of <http://www.sabra.com>

Granola

OUR BEARLY PROCESSED INGREDIENTS: WHOLE GRAIN OATS, HONEY, CANOLA OIL, ALMONDS, COCONUT, RAISINS (RAISINS, GLYCERIN, SUNFLOWER OIL), SWEETENED DRIED CRANBERRIES (CRANBERRIES, SUGAR, GLYCERIN, SUNFLOWER OIL), MAPLE SYRUP, PECANS, WALNUTS, OAT BRAN, GROUND FLAX SEEDS, TOASTED SESAME SEEDS.



Nutrition Facts

Serving Size 1/4 cup (30g/1.1oz)

Amount Per Serving

Calories 140 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1.5g 8%

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 3g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 18g 6%

Dietary Fiber 2g 9%

Sugars 6g

Protein 3g

Information courtesy of: <http://www.bearnaked.com>

Burger



Nutrition Facts

Serving Size: 1 Burger (151g)

Servings Per Container: 6

Amount Per Serving	UNCOOKED
Calories 420	Calories from fat 320

% Daily Value*

Total Fat 35g	54%
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Saturated Fat 15g	75%
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Cholesterol 110mg	37%
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Sodium 85mg	4%
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Total Carbohydrate 0g	0%
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Sugars 0g

Protein 25g

Vitamin A 0%	•	Vitamin C 0%
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Calcium 0%	•	Iron 15%
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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4



NURTURE

www.nurtureyourfamily.org

Ingredients: WATER, SOYBEAN OIL, VINEGAR, SUGAR, EGG YOLKS, SALT, CONTAINS LESS THAN 2% OF WHEY (FROM MILK), DRIED ONIONS, BUTTERMILK, MODIFIED FOOD STARCH, MONOSODIUM GLUTAMATE, PHOSPHORIC ACID, XANTHAN GUM, DRIED GARLIC, SPICE, POLYSORBATE 60, NATURAL FLAVOR, SORBIC ACID AND CALCIUM DISODIUM EDTA (TO PROTECT FRESHNESS). CONTAINS: EGG, MILK.

Size: 16 FL OZ

Upc: 2100064346



Salad Dressing

Nutrition Facts

Serving Size 30g	
Servings per Container about 16	
Amount Per Serving	
Calories 120	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18 %
Saturated Fat 2g	10 %
Trans Fat 0g	0 %
Cholesterol 10mg	3 %
Sodium 290mg	12 %
Total Carbohydrate 2g	1 %
Dietary Fiber 0g	0 %
Sugars 2g	
Protein 0g	

Information courtesy of <http://www.kraftdressing.com>

Donut



Nutrition Facts

Serving Size 1 donut 60g

Servings Per Container 8

Amount Per Serving

Calories 300

Calories from Fat 180

% Daily Value

Total Fat 20 g

31%

Saturated Fat 13 g

65%

Trans Fat 0g

Cholesterol 10 mg

3%

Sodium 190 mg

8%

Total Carbohydrate 30 g

10%

Dietary Fiber 1 g

4%

Sugars 17 g

Protein 2 g

Vitamin A

0%

Vitamin C

0%

Calcium

0%

Iron

6%

Information courtesy of
<http://www.entenmanns.com>



www.nurtureyourfamily.org

Cheese

Ingredients: MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR]), ASADERO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, CITRIC ACID, ENZYMES), QUESO QUESADILLA CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, VINEGAR, CITRIC ACID, ENZYMES); POTATO STARCH, CELLULOSE POWDER AND CALCIUM SULFATE ADDED TO PREVENT CAKING; NATAMYCIN (A NATURAL MOLD INHIBITOR). CONTAINS: MILK.

Size: 8 OZ

Upc: 2100063899



Nutrition Facts

Serving Size		28g	
Servings per Container about		8	
Amount Per Serving			
Calories	100	Calories from Fat	70
		% Daily Value*	
Total Fat 8g		12 %	
Saturated Fat 5g		25 %	
Trans Fat 0g		0 %	
Cholesterol 25mg		8 %	
Sodium 180mg		8 %	
Total Carbohydrate 1g		0 %	
Dietary Fiber 0g		0 %	
Sugars 0g			
Protein 6g			
Vitamin A 6 %		Vitamin C 0 %	
Calcium 20 %		Iron 0 %	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

Information courtesy of <http://www.kraft.com>

Yogurt



Ingredients

Non-Fat Yogurt:

Cultured Pasteurized Nonfat Milk. Live And Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus And L. Casei.

Information courtesy of
<http://www.chobani.com>

Serving Size 6oz (170g)
 Serving Per Container 1
Calories 140
 Calories From Fat 0

% Daily Value	AMT	%
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	65mg	3%
Total Carbs	22g	7%
Dietary Fiber	1g	4%
Sugars	19g	
Protein	14g	28%
Vitamin A	0%	
Vitamin C	4%	
Vitamin D3		
Calcium	15%	
Iron	6%	



NURTURE

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